

**AMENDMENTS TO THE SPECIFICATION**

1. Please replace the title of the application with the following amended title:  
  

**~~NUTRITIONAL~~ METHODS AND COMPOSITIONS  
FOR PROMOTING MUSCLE PROTEIN SYNTHESIS**
2. At page 7, paragraph [0091], lines 1-7 of the published application, please amend the following sentences as follows:

The effect of a mixture of free essential amino acids on muscle protein synthesis stimulation was compared with the effect of a same amount of protein. Elderly volunteers (n=5) were given 15 g of free essential amino acids (leucine, isoleucine, methionine, phenylalanine, histidine, lysine, and threonine) on one occasion and 15 g of whey protein on another.